

Quiz: 5 Languages of Appreciation in the Workplace

Below are 5 statements relating to the **5 Languages of Appreciation in the Workplace** by Dr. Gary Chapman. Please check the box next to the statement that best defines you in the workplace. The statements may (or may not) sound like they fit your situation but please choose the statement that captures the essence of what is most meaningful to you. Allow approximately 3-4 minutes to complete the quiz.

<p>It is most meaningful to me when...</p> <ul style="list-style-type: none"> <input type="checkbox"/> E - My coworker goes out of their way to help me out. <input type="checkbox"/> C - My coworkers surprise me with a cake on my birthday. <input type="checkbox"/> D - My boss invites me to shadow their client meeting. <input type="checkbox"/> B - I get to be in close proximity to people I work with. <input type="checkbox"/> A - I receive public recognition. 	<p>It is most meaningful to me when...</p> <ul style="list-style-type: none"> <input type="checkbox"/> C - A coworker surprises me with a small token of their appreciation. <input type="checkbox"/> A - My boss gives me feedback. <input type="checkbox"/> B - A friend and coworker gives me a high five when we complete our project. <input type="checkbox"/> D - A coworker or boss takes the time to listen to me and really understand my perspective. <input type="checkbox"/> E - A coworker does something helpful for me that I know they don't particularly enjoy.
<p>It is most meaningful to me when...</p> <ul style="list-style-type: none"> <input type="checkbox"/> B - A coworker I trust touches my arm or shoulder to show their care or concern. <input type="checkbox"/> E - My coworker assists me with a work project that has gone over the deadline. <input type="checkbox"/> A - Someone at work reacts positively with a nice note/email to something I have accomplished. <input type="checkbox"/> C - A coworker or boss takes the time to listen to me and really understand my perspective. <input type="checkbox"/> D - When there is time built into a meeting agenda to hang out for a few minutes and connect with my coworkers before diving in. 	<p>It is most meaningful to me when...</p> <ul style="list-style-type: none"> <input type="checkbox"/> D - My ideas are heard and my feelings understood. <input type="checkbox"/> B - After a meeting, I receive a handshake from a coworker who is congratulating me on my work anniversary. <input type="checkbox"/> E - My boss asks me if I need help with my project even though I know they are really busy. <input type="checkbox"/> A - I receive feedback from my boss telling me how much I mean to them. <input type="checkbox"/> C - I receive an unexpected bonus.
<p>It is most meaningful to me when...</p> <ul style="list-style-type: none"> <input type="checkbox"/> A - I hear the words, "I appreciate you" from someone at work. <input type="checkbox"/> D - I can participate in collaborative work environments. <input type="checkbox"/> C - My work anniversary is celebrated. <input type="checkbox"/> E - When someone at work takes care of something I'm responsible to do but I feel too stressed to do at the time. <input type="checkbox"/> B - I get a hug from a co-worker I haven't seen in a while. 	<p><i>Now go back and count the number of times you checked each individual letter and write that number in the appropriate blank below.</i></p> <p>_____ A - Words of Affirmation</p> <p>_____ B - Physical Touch</p> <p>_____ C - Receiving Gifts</p> <p>_____ D - Quality Time</p> <p>_____ E - Acts of Service</p>

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